



Location: 36 South Main St.  
Hours of Operation: M - F 8 AM - 4 PM  
Phone: (508) 278- 8622

# THE SILVER CENTER NEWS

UXBRIDGE COUNCIL ON AGING NEWSLETTER

& LUNCH MENU

[uxbridge-ma.gov/coa](http://uxbridge-ma.gov/coa)

October



Marsha Petrillo - Director  
Donna Oncay - Admin Assistant  
Lynne McPherson - Chef de Cuisine  
Gail Boutiette - Outreach Coordinator  
Peter Waeger - Transportation

**I'm saving that rocker for the day when I feel as old as I really am.**

- Dwight D. Eisenhower

## IMPORTANT NOTICE

Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments.

Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu. ♦

**SENIOR CENTER SUPPORT** - We welcome the support of anyone in a position to give. Any amount is greatly appreciated. One can donate directly online via the town's webpage or by mail. The Uxbridge Senior Center is located at 36 South Main St, Uxbridge, MA, 01569. Please make checks payable to The Town of Uxbridge. Thank you!



Your monetary donations make a significant difference in the lives of our elders! If you or someone you know benefits from the programs and/or information provided by the Senior Center, please let us know and help us spread the word about our many services so we can grow our services. Feel free to contact us at 508-278-8622 or visit us on our webpage at [Uxbridge-ma.gov/coa](http://Uxbridge-ma.gov/coa) or like us on our FB page by googling Uxbridge Senior Center. ♦



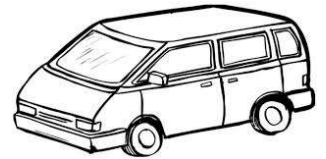
**TIPS FROM UNIBANK** Thursday, **October 1** - Natalie Howard from UniBank will join us from 11:30 AM - 12:30 PM to conduct an informal question and answer session. Natalie will introduce herself and answer questions about online banking, telephone banking, security questions and balancing your checkbook as well. There will also be a discussion on how to protect your finances and special benefits that are offered to seniors at UniBank. She will also bring in a fruit platter for us to enjoy! Please call ahead 48 hours to reserve your seat for this lunch. ♦

- Please call the Senior Center 48 hours ahead at 508-278-8622 to reserve your meal and also to arrange for transportation to lunch and for medical appointments. Van transportation begins at 10:30 am each day. Please check with the Senior Center by calling 508-278-8622, Uxbridge Cable Local Access Channel 191, Facebook, or the Council on Aging website for the Lunch Menu.
- The Senior Center is a drop off site for the People First Food Pantry. Donations are accepted Monday through Friday from 9 AM - 4 PM.

**SHOPPING TRIPS** Grocery shopping **every Tuesday**- Pick up begins at 1:00 PM. We have changed the time to make

it easier to get people to lunch and give everyone time to get their shopping done.

Walmart shopping - **2nd and 4th Thursdays** of the month - Pick up begins at 12:30 PM. Please sign up in advance for Walmart shopping by calling us at 508-278-8622 to reserve your seat on the van. ♦



## COMPUTER CLASSES -

Computer classes will resume in October. Many thanks to the Nipmuc students for teaching our classes again this year! Your help is greatly appreciated. They can teach you on your tablet, phone, nooks iPads etc. Bring in your device and learn! We are wireless at the Senior so please feel free to come take advantage of this service ♦



## October Newsletter

**BLUE CROSS AND BLUE SHIELD – TUESDAY, October 6, 2015 1:30 PM – 3:00 PM** – Are you ready for the Medicare Annual Election Period or are you approaching Medicare Eligibility? Do you know what type of health insurance is best for you? Susan Flanagan, a BCBS representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any changes. All are welcome regardless of your insurance coverage. ♦



**FLU SHOTS** Monday, October 19 – Free Flu shots will be available for seniors. This is on a first come, first serve basis from 1:30 p.m. – 3:00 p.m. and while vaccines last. Bring all insurance cards including Medicare cards to sign up. Call if you have any further questions call (508) 278-8622 ♦



The Senior Center will be **closed** on Monday, **October 12** for Columbus Day. No meals will be served.



### ASK A NURSE

- Salmon Health VNA will be available on the 3rd Tuesday of each month to do the blood pressure clinic. A new feature to our monthly clinic is: "Ask the Nurse". If you have any questions about new symptoms you may have, questions about new medications, or any other health problem, they will be able to help you with them. The Salmon Health nurse will be here on Tuesday, **October 20** from 11:30-12:30 and every third Tuesday going forward. Please join us for this important free monthly clinic offered by the Salmon VNA. ♦



I moved to Florida because you don't have to shovel water.



- Napkins
- 8 oz Cups
- Dishwasher soap
- Scrubby Sponges
- Decaf Coffee

**T**hank you all for your thoughtfulness and generosity! We continue to need donations of napkins, dishwasher soap, plastic 8 oz. cups, scrubby sponges and decaf. coffee. We will also accept monetary donations to help support our lunch program or general donations to The Elderly Connection, Inc. The Uxbridge Elderly Connection is the 501 c 3 non-profit group for the Senior Center. The Elderly Connection raises funds to help support many of the daily activities offered at the Senior Center. They also fund and purchase of much of the office equipment that is not covered by our regular expense budget. ♦

**POLICE CHIEF LOURIE – Friday, October 2.** Carl J.



Bradshaw, the new District Director of the Blackstone Valley Veterans' Services District. Carl will be joining this lunch and learn to introduce himself from 11:30 AM – 12:30 PM. Vikki Levine and Elliott Sable of Comfort Zone Home Health, LLC will also join him and speak about the **Aides and**

**Attendance Program.** This program can provide 10 to 20 hours a week of free personal care services for eligible veterans and their spouses. If you are a veteran or the surviving spouse of a veteran who served at least 90 days on active duty, including at least one day served during wartime, this should be a program of interest to you. Please call ahead 48 hours to reserve your spot for this lunch. ♦

## LUNCH & LEARN

*meet. eat. discover.*

Friday, **October 23** "Put Pain In Its Place: How to Get Osteoarthritis Pain Under Control ". **Kathleen Lavelle**, Account Executive Summit Elder-Care Fallon Health will join us from 11:30 AM – 12:30 PM. The speaker,

**Paula Chauvin**, is Director of Outreach and Enrollment for Summit PACE program sponsored by Fallon Health. An educational program that is jointly developed by the National COA and the Arthritis Foundation will be talking about Osteoarthritis. It is geared to understanding how to rid yourself of the notion that the disease or the pain is in control of your lives. Please call ahead 48 hours and reserve your spot for this lunch. ♦



## October Newsletter



### DONATED QUILT

The Senior Center has a beautiful quilt (Shown above) donated by Madonna Terlizzi that will be raffled off on First Night. Tickets are \$1.00 a piece or 6 for \$5.00 and will be available through the Uxbridge Elderly Connection at the Senior Center. ♦

**FALLON SENIOR PLAN** Monday, **October 26** – **Karrie Soltys**, Medicare Sales Executive from Fallon Health will be here to roll out the new Fallon Plans for 2016. Members of Fallon Senior Plan, please come learn about the new changes for 2016. Call ahead at 508-278-8622 to reserve your spot for this lunch. ♦

**ANNUAL HALLOWEEN PARTY** Friday, **October 30** come join us for our

Halloween Party 11:30 AM – 12:30 PM. Instead of fish we will have assorted finger

**SANDWICHES** and other ghoulish treats! Be sure to wear your costume and join us for

some spooky fun and surprises!

**State Rep Kevin Kuros will be attending our Halloween party!!!**

Call ahead 48 hours to reserve your spot for this



**DR. MICHAEL BIANCAMANO** – The foot doctor will be at the Senior Center Monday morning, November 30, 2015. There is only one time slot available for 9:15 a.m. Appointments are set up on a first come, first served basis and run rather quickly. Please call 508-278-8622 to schedule an appointment. Please let us know if you require transportation to the podiatry clinic. ♦

**NAVICARE** - Nelly Colon is the new Account Executive. She has replaced Jessica Recore. You are eligible to join Navicare if you are 65 or older, live in our service area and have MassHealth. Nelly Colon can be reached at 508-847-8511 and she is also bi-lingual. ♦



**“SHINE’S MEDICARE AND MORE”** – The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’S MEDICARE AND MORE, on your local cable channel. This program is designed to educate and update Medicare beneficiaries and their families on Medicare and other programs that can assist you with your health insurance needs. If you don’t see it on your local cable channel give them a call and ask about it. ♦

**SHINE** is pleased to announce their partnership with Tri-River Family Health Center to provide the Uxbridge area with a State Certified Shine Counselor who has office hours at Tri-River Family Health Center. If you have any questions about Medicare benefits or related insurance questions in the Uxbridge area please make an appointment with a Certified SHINE counselor. Call for an appointment at 1-800-243-4636 option 3 or 508-422-9931. ♦

*In two decades I’ve lost a total of 789 pounds. I should be hanging from a charm bracelet. - Erma Bombeck*

## October Newsletter

THE UXBRIDGE SENIOR CENTER IN CONJUNCTION WITH THE SUNSHINE CLUB WILL BE OFFERING THE FOLLOWING TRIPS:

There has been a change in parking for the Sunshine Club trips. From now on, the bus will be picking up at the Wal-Mart parking lot, 100 Valley Pkwy, Whitinsville, MA. There are still a few seats available for the trip to Pickity Place with the Sunshine Club. Pickity Place just got the "Best Fairytale Lunch" distinction in Yankee Magazine. This is their write-up: "Experience the enchanting cottage that inspired Elizabeth Orton Jones's Little Golden Books version of Little Red Riding Hood. Untouched by time, this is a mecca for gardeners, epicureans and anyone looking for inspiration and relaxation." \$65. on Sept. 23 includes lunch, a stop at Frye's Measure Mill w/a tour, a stop at Parkers Maple Barn, the bus, maybe some pretty foliage, and all gratuities. Leaves Wal-Mart at 7:30, Westborough at 8:15, home around 6:00.



There is also a trip to Manchester, NH to see "The Addams Family" musical on Sat, November 7. \$82. includes the bus, the show, lunch at the Puritan Back Room, and all gratuities. This show has received great reviews! It's quirky but good! It's always fun to enjoy an afternoon out w/live theatre!

From Nov 16-19 we will be going to the Lancaster Amish country for 4 days. \$489. includes 2 shows: "The Miracle of Christmas" at the Sight and Sound Theatre and "A Christmas Story" at the Dutch Apple Dinner Theatre. There will be a buffet dinner at Shady Maple and a family-style all you can eat dinner at Hershey Farm. A backroads tour of the countryside, a visit to The National Christmas Museum, and a stop in Hershey are all included. Call Sue at 508-476-5820 for more information. ♦

**WHO SAID: "I'd luv to kiss ya but I just washed my hair"**



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September.

That notice outlines changes to be made to your plan for 2016: It is important to review, understand and save this information!

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center now! Fallon will be at the Senior Center on Monday, October 26 to answer any questions you may have. ♦

### UNDERSTANDING YOUR MEDICAL PROBLEMS



Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to

understand. One way to help is to take a family member or friend with you, two heads are better than one when listening to instructions. Ask questions and ask for more information if you don't understand and have someone write down any instructions for taking medications or therapy. Use the computer to learn more about your medical condition and medications. ♦

A certain young fellow named Bee-Bee  
Wished to wed a woman named Phoebe.  
"But," he said, "I must see  
What the clerical fee  
Be before Phoebe be Phoebe Bee-Bee

## DID YOU KNOW ?

- 11% of people are left handed?
- Lemons contain more sugar than strawberries?
- The longest recorded flight of a chicken was 13 seconds?
- Reindeer like bananas?
- Birds need gravity to swallow?

Do not make a stingy sandwich  
Pile the cold cuts high  
Customers should see salami  
Coming thru the rye  
— Allen Sherman

## AUTUMN

There's something in the autumn air  
That no other season can compare  
And Oh how jealous the rainbow must be  
When it sees autumn's colors upon each tree

The forest smells of cedars and pines  
Through their branches a cool wind whines  
The October sky is as blue as the sea  
A picture of beauty for all to see

God was the artist, His hand held the paints  
It's glory was designed with his angels and saints  
The world's in its prime, beauty at its best  
Autumn is here! Let the summer rest.

Written by: Lu Kogut  
1946 age 14 – 10<sup>th</sup> grade  
Class of 1949 Northbridge High

“Whatever women do they must do twice as well as men to be thought half as good. Luckily, this is not difficult” - Charlotte Whitton

Puzzle from the September news-



**This is an old game board for up to four players. It was called crokinole. The object was to get your opponent's players off the board by shooting your players at his with wooden players and knocking his into the nets. The players were, round like a napkin holder.**

## October Newsletter

**BEREAVEMENT COUNSELING** – Are you dealing with the loss of a loved one, losing a job or your home or just need to talk to someone? Please call the Senior Center and make an appointment to talk to our bereavement counselor who is available for people of all ages by appointment. All sessions are free, private and confidential. Call the Senior Center at 508-278-8622 to make an appointment ♦

Everyone likes a kidder, but nobody lends him money.  
- Arthur Miller



**VETERAN SERVICES OFFICE** is now located at The Uxbridge Town Hall. The office is located on the first floor as you walk into the town hall and is in the former office of the accounting department. Carl J. Bradshaw, District Director can be reached at 508-278-8600 ext. 2017 and AnnMarie Cleary, Assistant Director can be reached at 508 278-8600 ext. 2037. Office hours are posted on the door. ♦

### ARE YOU AWARE OF THE NUMBER OF PEOPLE HELPED AT THE UXBRIDGE SENIOR CENTER ?

The numbers below represent people served in

### August 2015

Telephone Calls	1,134
Meals Served	617
Daily Visitors	610
Medical Runs (Round Trips)	128
Hannaford Shopping (Round Trips)	32
Director Outreach	446
SMOC Fuel Assistance	2
Walmart Shopping (Round Trips)	21
Lunch Pick Up	179
Other van runs for appointments	15



# UXBRIDGE SENIOR CENTER

Lunch Menu

36 South Main Street, Uxbridge, MA 01569

(508) 278-8622



# October 2015

Marsha Petrillo - Director  
Lynne McPherson - Chef  
Pete Waeger - Van Driver  
Donna Oncay - Transportation Coordinator  
Gail Boutiette - Outreach Coordinator

Monday	Tuesday	Wednesday	Thursday	Friday
* ALL MEALS ARE SERVED WITH MILK, COFFEE OR TEA  **MENU SUBJECT TO CHANGE WITHOUT NOTICE			1. AMERICAN CHOP SUEY GARDEN SALAD ITALIAN BREAD SUGAR FREE JELLO	2. BAKED FISH WILD GRAIN RICE BROCCOLI CAKE
5. TORTELLINI PRIMAVERA GARDEN SALAD ITALIAN BREAD PEACHES AND CREAM	6. SALISBURY STEAK MASHED POTATOES STEAMED CARROTS SUGAR FREE JELLO	7. CHICKEN POT PIE JASMINE RICE MIXED VEGETABLES SUGAR FREE PUDDING	8. POT ROAST MASHED POTATOES STEAMED CARROTS PEACH CAKE	9.  <b>CLOSED</b> <b>FOR COLUMBUS DAY</b> <b>NO LUNCH SERVED</b>
12. <b>COLUMBUS DAY</b> <b>CLOSED</b> <b>NO LUNCH SERVED</b>	13. VEGETABLE QUICHE GARDEN SALAD SUGAR FREE PUDDING	14. CHICKEN ROMANO PENNE AND MARINARA GREEN BEANS SUGAR FREE JELLO	15. BEEF STROGANOFF EGG NOODLES BROCCOLI SUGAR FREE PUDDING	16. BAKED FISH RICE PILAF MIXED VEGETABLE SUGAR FREE ICE CREAM
19. BAKED MACARONI AND CHEESE BROCCOLI SUGAR FREE PUDDING	20. LASAGNA GARDEN SALAD ITALIAN BREAD APPLE CAKE	21. ROASTED CHICKEN MASHED POTATOES STEAMED CARROTS FRESH FRUIT	22. SHEPHERDS PIE MIXED VEGETABLE SUGAR FREE JELLO	23.. BAKED FISH ROASTED POTATOES GREEN BEAN ANGEL FOOD CAKE W/BERRIES
26. TOMATO SOUP GRILLED CHEESE SANDWICH GARDEN SALAD FRESH FRUIT	27. MEATLOAF W/GRVY MASHED POTATOES BROCCOLI BLUEBERRY CAKE	28. CHICKEN AND RICE CASSEROLE MIXED VEGETABLES SUGAR FREE PUDDING	29. HOT DOG W/ROLL BAKED BEANS COLESLAW SUGAR FREE JELLO	30.  <b>HALLOWEEN</b> <b>PRTY</b> <b>Boo</b>



Ask not what you can do for your country, ask what's for lunch. - Orson Wells

Lunch is served at 12 noon each day. Please call 48 hours in advance to order your meal. If you need transportation to the meal please call now. A suggested voluntary donation of \$3 - \$5 per meal. Our program is open to all ages and geared towards the nutritional needs of senior citizens ages 55+. Our meals are heart healthy with reduced sodium. Never eat anything whose listed ingredients cover more the one third of the package.